



## Public Health Brief

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## Mental Health Resources for Youth

It's Children's Mental Health Awareness Week (May 1-7, 2022).

[This week we highlight](#) some of California's [mental health resources for youth](#).

CalHope offers safe, secure, and culturally sensitive emotional support for all Californians who have experienced emotional challenges triggered by the COVID-19 pandemic. Call or chat 833-317-4673.

The Suicide Prevention Lifeline operates 24/7 and helps those thinking about suicide, those in need of emotional support, and those worried about a friend or loved one. Call 800-273-8255 or text 838255.

**Visit the website** of California Health and Human Services to access many resources.

[https://www.chhs.ca.gov/childrens-mental-health-resources/#msdynttrid=ULMkm9B\\_wm1CpTleIT88-IQEN6TP46jIN46cyoaPNI0](https://www.chhs.ca.gov/childrens-mental-health-resources/#msdynttrid=ULMkm9B_wm1CpTleIT88-IQEN6TP46jIN46cyoaPNI0)

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**Public Health**  
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